

NEW ORTHOTICS DISPENSE INSTRUCTIONS:

PLEASE EASE INTO YOUR NEW INSERTS GRADUALLY, DO NOT PUSH TO THE POINT OF DISCOMFORT OR PAIN.

YOU WILL START WEARING THEM FOR 2 HOURS THE FIRST DAY. (IF THEY FEEL PAINFUL DO NOT TRY TO MAKE IT TO THE FULL 2 HOURS, SOME PEOPLE NEED TO WEEN IN 1 HOUR AT A TIME).

IF THERE IS NO PAIN OR SORENESS, CONTINUE TO WEARING THEM 4 HOURS THE NEXT DAY. BUILD ON THE TIME YOU WEAR THEM EACH DAY 2, 4, 6, 8 HOURS, ETC...

- ONLY BEGIN EXERCISE OR EXTENDED WALKING WHEN YOU ARE COMFORTABLY WEARING THEM WITHOUT PAIN FOR 6-8 HOURS
- NO FLIP-FLOPS, OR EXTENDED TIME BAREFOOT WHILE WEENING IN.
- DO NOT STACK YOUR NEW ORTHOTICS ON THE INSERTS THAT CAME ORIGINALLY IN THE SHOES, INSTEAD REMOVE THOSE AND REPLACE WITH YOUR CUSTOM INSERTS.
- ALWAYS BUY NEUTRAL SHOES, ALL THE CORRECTION YOU NEED WILL BE IN THE CUSTOM MOLDED INSERTS MADE BY DR. AZIZ.
- BUY SHOES THAT HAVE PROPER SUPPORT. WE SUGGEST BRANDS SUCH AS NEW BALANCE, BROOKS, SAS, AND ASICS.
- ORTHOTICS ARE MADE WITH MAXIMUM CORRECTION FOR YOUR FOOT AND ANKLE DEFORMITIES, THEY MAY NEED MINOR ADJUSTMENTS, PLEASE LET US KNOW IF THERE ARE ANY ISSUES.

CARING FOR YOU ORTHOTICS:

YOU MAY WIPE DOWN YOUR NEW ORTHOTICS WITH MILD SOAP AND A DAMP CLOTH, LET FULLY DRY BEFORE INSERTING BACK INTO YOUR SHOES.

IF AT ANY TIME SQUEAKING OCCURS, YOU CAN DUST WITH BABY POWDER OR APPLY SHOE SOAP AROUND THE CARBON EDGES. (*YOU CAN ALSO BRING INTO THE OFFICE AND WE CAN DO IT FOR YOU!)

PLEASE CALL THE OFFICE FOR ANY QUESTIONS: 949)766-8505